

MOVE! The Great American Conspiracy.... To Make Us Fat



1. Fast food restaurants are on every corner.
2. Almost all fast food is high in fat or sugar. It is hard to find healthy fast food.
3. Attractive pictures of food are everywhere we look.
4. Bigger is better in America; servings are “super-sized” here.
5. High fat and high sugar foods are placed at eye level in stores.
6. Prepared or processed high fat and high sugar foods are often less expensive than healthier, low fat, low sugar foods.
7. Fitness is no longer a priority for school children. There is little or no requirement to participate in physical education classes.
8. Even if we eat a healthy diet, we sometimes feed our kids junk food because they want it and all their friends eat it.
9. Watching television all evening, every evening, and then some.... has become an American way of life.
10. Television shows have attractive looking advertisements for high fat food. It is “in your face” all the time.
11. Snacking while watching television is an American way of life.
12. Spending hours on the computer Internet is becoming an American institution.
13. “Pigging Out” by eating huge portions of unhealthy food (high fat and high sugar) has become an acceptable behavior.
14. “All you can eat” restaurant buffets are extremely popular, which does not help with the obesity epidemic.
15. Being overweight is increasingly becoming accepted as the norm despite the health risks.